

## Interdisciplinary Management of Coccydynia in a Pediatric Patient with Anorexia Nervosa: a Case Report

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### Background

- Etiology of coccydynia is local pain due to soft tissue inflammation, sometimes resulting from loss of fat cushion.
- Standard of care: PT/OT, Donut Cushion, Ganglion of Impar Block
- In refractory cases, severity of pain causes functional impairment and debility.

### Case description

- 15 y/o male with non-traumatic coccyx hyperalgesia following 70lb weight loss due to Anorexia Nervosa (AN).
- Functional status evaluation notable for impaired ambulation due to coccydynia, constipation-related pain & poor posture.
- Outpatient course complicated by hospital admission for severe protein-calorie malnutrition.
- Multidisciplinary Treatment plan
  - Osteopathic Manipulative Treatment (OMT)
  - Psychiatry
  - Pediatrics
  - Physiatry
  - Sports Medicine (Injections)
- Age & psychiatric condition limited referral to Pain Medicine service.

### Discussion

- This case shows the limitations in understanding the relationship between coccydynia & dramatic BMI changes.
- Loss of episacral fat-pad was due to rapid weight loss in the setting of AN, resulting in coccydynia, ischial bursitis, and subsequent pilonidal sinus infection.
- Patient improvement advocates for OMT and guided injections (bilateral ultrasound-guided ischial bursa steroid injections) as viable treatment options for patients with coccydynia.
- The patient was discharged to an intensive inpatient eating disorder treatment, reaching 86% of his target weight after ten days with improvement of his coccydynia and ability to walk upright without pain.
- Patient's psychiatric conditions was a secondary cause of his coccydynia and an obstacle to treatment, necessitating an interdisciplinary and holistic management approach.

### Conclusion

- OMT combined with steroid injections are safe options for persistent coccydynia before surgical treatment.
- A diagnosis of coccydynia may impede functional outcomes and secondary issues such as psychiatric conditions should be considered as part of a holistic approach to this multifactorial condition.
- Complicated cases of coccydynia call for multimodal, interdisciplinary collaboration.

### Images



Image 1  
**Images 1-3.** Kyphosis impact on posture s/p rapid 70-lb weight loss



Image 2



Image 3



Image 4

**Image 4.** Ambulating with functional scoliosis

### References

1. Aggarwal A, et al. . Factors influencing the evaluation and management outcomes of coccygodynia: a literature review. J Back Musculoskelet Rehabil. 2013;26(2):105-15. doi: 10.3233/BMR-2012-00355. PMID: 23640311.
2. Mabrouk A et al. Coccyx Pain. [Updated 2020 Sep 25]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan-ncbi.nlm.nih.gov/books/NBK563139/

